



## **ISLAND PEAK CLIMB 6,189m (20,320')**

The Island Peak Climb is designed as an option for experienced climbers as a “side trip” to the Khumbu To Everest Basecamp Trek. It requires additional mountaineering experience and this optional climb must be discussed with the organizers and Trip Leader, Mountain Guide prior to departure.

From Dingboche, we have a steep hike up the Imja Khola Valley to Island Peak Basecamp (about 16,000'). The following morning, we depart early by headlamp to the Imja Glacier and the summit ascent of Island Peak, nearly the same elevation as Mt. McKinley in Alaska. After descending back to Basecamp for the night, the next morning we continue our descent to Dingboche.

This option is for climbers already well acclimatized from the previous days' trekking and requires previous mountaineering experience. Please review the prerequisites carefully.

### **Mountaineering Prerequisites**

- Very good to excellent physical condition
- Previous acclimatization and acceptable performance at higher altitudes on previous days' trek
- Previous experience with ice axe and crampons, ability to climb in balance with ice axe self-belay and change over to self-arrest if necessary
- Prepared for glacier travel, moderate angle snow and ice climbing and steeper ice (up to 50°) for a full rope length
- Prepared for narrow ridge travel along the summit ridge
- Previous experience with climbing harness, roped climbing, roped lowering or rappelling

### **Additional Gear**

#### **PERSONAL GEAR**

**Pack** – 30-40 liter top loading, hip carrying, alpine climbers pack, with necessary straps to carry an ice axe and crampons if necessary.

**Cup, bowl and spoon**

#### **CLIMBING GEAR**

**Mountain Boots** – Single leather/synthetic or plastic double boots designed for mountaineering and climbing with crampons

**Ice axe** - 60-70 cm traditional curved pick

**Crampons** - 12 pt. carefully adjusted with straps or clip-up bindings

**Climbing Harness** - adjustable climbing harness. Your harness must fit correctly with any possible clothing combination.

**Belay-rappel device** such as Black Diamond ATC or similar

**2 locking screwgate pear-shaped carabiners**

**2 regular carabiners**

**1 single length (24") or double length (48") sewn nylon sling**

**Climbing Helmet** - CE approved, (optional)